

Sample LC-Thick'n Saucy®



**Diabetic
Friendly
Gluten
Free**

Directions to thicken:
sprinkle package of
Thick'n Saucy® into 1 cup of hot
or cold liquid. Stir thoroughly with a whisk
and allow to stand 5-10 min. Boiling to
thicken is not necessary. Additional stirring
will remove any remaining lumps.

www.HoldTheCarbs.com

Nutrition Facts

Serving Size 1 tsp (2.9g)

Servings per container 1½

Amount Per Serving

Calories 8

Calories from Fat 0

Manufactured for LC Foods™
Company, Raleigh NC

%Daily Value*			
Total Fat 0g	0%	Total Carbohydrate 2g	1%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0mg	0%	Protein 0g	0%
Sodium 102mg	4%	Net Carbs 0g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Contains a proprietary/patent pending blend of natural
vegetable, natural plant, and natural tree gums.

Warning: Processed in a facility that also uses wheat gluten

Net Wt. .15 oz (4.35g) Approx. 1 ½ tsp